



Springdale Senior Activity & Wellness Center • December 2019 • Newsletter

Address:

203 Park Street
Springdale, AR 72764

Phone: (479) 751-1521

Director:

Lori Proud

Program Assistant:

Rhonda Wolfe

Hours of Operations:

Monday-Thursday

8:00am-4:00pm

Friday

8:00am-2:00pm

Lunch served Mon-Fri

11:30-12:30

Dinner Served Thursdays

5:00pm-5:30pm

**Join us for...FOOD,
FELLOWSHIP
and FUN!!!**



Lines from Lori: Can you believe another year is about to pass? I have been told by MANY wise people you should enjoy today with your children because time goes fast. As I get older I am starting to believe them!

A huge thank you to the garage sale gang for all the time they gave to our garage sale fundraiser. Fundraising is what keeps YOUR Center open. Every dollar spent must be raised back. This is why ALL fundraising events are important! Many folks give their treasure and talent to the Center. But many more give the greatest gift...THEIR TIME. This is the one thing that everyone can give. We have many wonderful volunteers who give so much and expect NOTHING in return! I thank each one of you for blessing our Center with the gift of your time. We love each and everyone of you!

Merry Christmas!

Silver Sneaker Exercise Classes

Are you ready to try Silver Sneakers Exercise Classes???

Monday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

Tuesday

Boom Move 8:45 a.m. / Silver Sneakers 9:45 a.m./ Yoga 10:45 a.m. /

Tai Chi 12:30 p.m.

Wednesday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

Thursday

9:15 a.m. Weight Machines / Circuit 9:45 a.m. / Silver Sneakers 10:45 a.m. / Yoga 11:30 a.m.

Not Sure what works for you?...Come 5 minutes before a class and talk one on one with Cindy and she will hook you up!

Exercise Class Descriptions...

Weight Machines: Enjoy fun conversation and resistance machines.

Silver Sneakers: Basic low intensity workout with fun music, hand weights and resistance bands. This class is performed seated and/or standing and is for anyone and everyone.

Circuit: Moderate intensity cardio with intermittent weight bearing exercise. This class is performed in a standing position.

Boom Move: Dance based, upbeat tempo exercise for active adults. Lively music and upbeat footwork.

Yoga: Slow-paced stretching and flexibility focusing on balance , agility and core strength.

Tai Chi for Arthritis: Helps to improve arthritis while focusing on a broad range of physical impairments. Increases mobility, flexibility & reduces pain & stiffness.

Wednesday's

Crochet for everyone...

**Bring a project you are
working on or come
learn and we will have
supplies for you.**

1:00pm

**Line dance
lessons each**

Wednesday

9:00-10:00

JPA Annex

Springdale Senior Center

Senior food give away

Friday, Dec.

8:00am-10:00am

Must bring ID

This is for any

Senior 60 and over.

**Jewelry Making will
resume in January**

**In case of bad
weather...If
Springdale Schools
are closed so are we!**

Wanting to learn
Party Bridge or already know
how to play.....
Join us each Wednesday
at 12:30

**Karaoke &
Game Night
Will resume in
March
Come listen or sing**

If you partake in the
produce giveaway
think of a way to
support your
center...Eat lunch,
attend exercise, drop
a few \$\$\$ in jug on
the desk.

**Final Cruise
Payment
Due December 23**

Springdale Senior Center

New Year's Eve Black and White Bash

Tuesday December 31, 2019

Doors open 5:00pm

Loaded Nacho Bar & Wings 5:30pm

Dancing at 6:45pm with Tulare Dust

8:30pm Dessert

10:00pm Ring in the New Year

\$10.00 per Person Pre-purchase tickets from Office

Dress...Wear Black and White!!!



Springdale Senior Center

Bible Study with Charlie Foster

**11:00 AM
Nov. 13 and 27**

Everyone Welcome!

TOPS

(Taking Off Pounds Sensibly)
invite you join them
every Friday 9:00am
in the JPA Annex.

Come join a FUN group
who is all about encouraging
each other!

Casino Bound

Monday Dec. 30 leave at 8:30

We would like to invite you to join us for
PJ's, Pancakes & a Cozy Christmas!!!

Break out your favorite sleepin' attire
(no birthday suits PLEASE)

Tuesday December 10, 2019

4:00pm Doors open (**NOT BEFORE!**)

Entertainment, Extreme BINGO, and Extra FuN!!!

\$10.00 per person you must pre purchase ticket by Dec. 6

NO TICKETS SOLD AFTER THIS DATE!!!

**Must be over 60 and a REGULAR
member for 2019 season!!!**





Senior Center Taxi

Our Senior Center Vans run from


Monday-Thursday 8:00 a.m. until 3:30 p.m. Friday-8:00am-1:00pm

Don't worry about the price of gasoline or where to park. Let us pick you up, take you where you want to go, and home again.

If you are 60 years of age, or older, affordable transportation is available to you. Transportation on the Sr. Center van is available by calling **751-1521**.

We provide transportation to anywhere you want to go in Springdale and limited Fayetteville areas, assist you with your packages and escort you to your door. **The charge is a donation.** The suggested donation is \$4.00 per trip. Leave the driving to us!

December Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	3 9:30 Bunko 12:15 Baseball 6:00 p.m.	4 9:00 Line Dancing (JPA) 10:00am Gospel Sing 12:30pm CARD GAME	5 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	6 8:00 a.m. TOPS (JPA) 9:30 BIRTHDAY BASH 12:15 p.m. Baseball
9 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	10 9:30 Bunko 12:15 Baseball 6:00 p.m. Old Time Fiddlers (JPA)	11 9:00 Line Dancing (JPA) 10:00am Gospel Sing 12:30pm CARD GAME	12 8:30 a.m. Pool Tournament 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	13 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
16 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	17 9:30 Bunko 12:15 p.m. Baseball 7:00 p.m. Country Your Way (with POTLUCK)	18 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	19 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	20 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
23 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	24 	25 	26 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	27 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
30 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	31 OPEN AT 5:00 P.M. New Year's Eve Party			



December Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Pork Sandwich Sweet Tater Fries Peas Dessert	3 Chicken Tenders Smashed Taters California Veggies Bread, Dessert	4 Fiesta Beef Bake Country Veggies Fruit Bread, Dessert	5 Turkey Pot Pie Fried Okra Spiced Peaches Bread & Dessert	6 Pork Chop Noodles Broccoli Bread & Dessert
9 Chicken Sandwich Fries Carrots Dessert	10 Beef Stew Veggie Medley Bread, Dessert	11 Ranch Chicken Casserole Corn Nuggets Bread, Dessert	12 Chicken Fried Steak Smashed Taters Green Beans Bread & Dessert	13 Spaghetti Italian Veggies Applesauce Bread, Dessert
16 Philly Steak Sweet Tater Fries Green Beans Bread & Dessert	17 Chicken Fajitas Spanish Rice Seasoned Pintos Dessert	18 Italian Mac & Cheese Tuscan Veggies Spiced Apples Bread, Dessert	19 Ham Scalloped Taters Black-eyed Peas Bread, Dessert	20 Stuffed Peppers Mac & Cheese Mixed Veggies Bread, Dessert
23 Steak Fingers Tater Tots Corn Bread, Dessert	24 CLOSED	25 CLOSED	26 Hamburger Fries Baked Beans Dessert	27 Ham Loaf Parslied Taters Creamed Spinach Bread, Dessert
30 Sweet/Sour Chicken Rice Squash Medley Bread, Dessert	31 OPEN AT 5:00 P.M. New Year's Eve Party		28	29

Springdale Senior Center

Lunch & Movie with
Lori & Rhonda

Wed. Dec. 4 leave at 10:45

Sign up at office.

Join us for BUNKO fun!

Every Tuesday &
2nd, 3rd & 4th Friday
9:30am

It's the dice game
ANYONE can play!

Painting ...
with Marie.

Every Friday
10:00 a.m.



All supplies provided.

Space is limited.

Birthday Bash



Friday Dec. 6

9:30 a.m. Music by

Sunset Trio

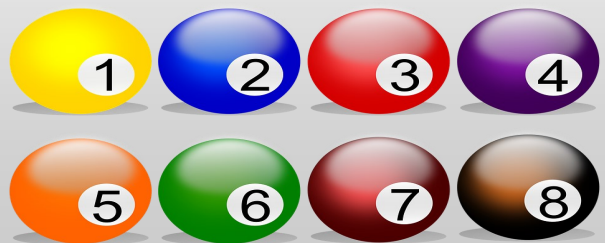
11:00 Birthday Cake
and Bingo

(must eat lunch to play)

Pool Tournament

8:00 a.m. Thurs.

Dec. 12



Thursday Night Jammin Jam

First and third Thursday Bring Finger Food other
Thursdays Hotdogs 5:30pm Bingo 6:00pm Jammin
Jam come sing or play an instrument.

Computer Class

Tuesdays

9:00-10:00



**Basic Computer Skills,
Facebook & Emails**

**Sign up with
Lori to attend!**

Leave for Branson

December 20

Leave at 10:30am

We will return
right after show!

Springdale Senior Center

Chuckle Corner

Springdale Senior Center Council

Jean Griesing
Gene George

Linda Williams
Bill Drake

WC Grimes
Diana Osborn

Lonnie McClure
DeeAnn McClure
Patty Lewis
Linden Lewis

Ron Mueller
Ginger Mueller

Evelyn Provost
Winnie Paul
Cherie Ressler
Louise Lorenz

Springdale Senior Activity Center

Average Congregate Meal Cost: \$5.51

Average Meals on Wheels Cost: \$6.15

Transportation One Way Trip Cost: \$11.85

All client information is kept

CONFIDENTIAL.

WHAT WE DO...

Springdale Senior Center is a place that serves a nutritious lunch to more than 300 seniors daily. Meals on Wheels operates out of our Senior Center and we provide transportation to Seniors. The center is a place for active seniors wanting to meet other seniors, volunteer opportunities, go on trips, socialize, use the computer, listen to music, play games, dance, & dinner outings. The opportunities are endless. So, what are you waiting for?



ATTENTION CLUBS!!!

The Springdale Senior Activity Center is actively seeking Bridge, Bunco, Mahjong players, support groups, or other clubs to meet in our beautiful facility. We are located at
203 Park St. Springdale, AR 72764

Springdale Senior Center
is pleased to receive
program funding from:

Schmieding
Foundation



**When you stop
believing in SANTA you
get underwear!!**